

Indian Performing Arts Programme – Parai

Duration: 30 Weeks

Level: Grade 1 to 2

Programme Focus: Technical Skills, Cultural Understanding, Ensemble Performance

Programme Aims

The Parai programme aims to:

- Develop foundational and intermediate skills in Parai drumming
- Foster rhythmic accuracy, coordination, and ensemble awareness
- Cultivate appreciation of Parai as a traditional Indian performing art
- Encourage discipline, confidence, and collaborative learning through music

Learning Outcomes

By the end of the programme, students will be able to:

1. Demonstrate correct posture, grip, and basic Parai playing techniques
2. Perform fundamental rhythmic patterns with consistent tempo and clarity
3. Participate confidently in ensemble playing situations
4. Apply listening skills to respond to cues and maintain group synchronisation
5. Demonstrate basic understanding of the cultural and social contexts of Parai
6. Perform a short ensemble piece with appropriate expression and stage etiquette

TERM 1	• Introduction to Parai as a traditional percussion instrument • Overview of cultural and historical contexts • Instrument parts, care, and handling • Understanding pulse and steady tempo • Playing simple beats in unison • Introduction to rhythmic verbalisation • Introduction to fundamental strokes • Tone clarity and consistency • Imitation and repetition exercises • Understanding pulse and steady tempo • Playing simple beats in unison • Introduction to rhythmic verbalisation • Simple rhythmic patterns in regular cycles • Alternating hand techniques • Maintaining tempo in a group setting • Dynamic control (soft and loud playing) • Awareness of expressive elements in drumming • Controlled use of strength • Coordination of movement with rhythm
TERM 2	• Basic spatial awareness while playing • Introduction to playing while moving • Ensemble awareness and group coordination • Following visual and auditory cues • Entry and ending signals • Informal performance assessment • Reflection on learning progress • • Expansion of stroke combinations • Smooth transitions between patterns

	• Introduction to traditional rhythmic structures • Understanding repetition and variation • Tempo control across slow, medium, and fast speeds • Maintaining rhythmic accuracy • Call-and-response structures • Developing listening and reaction skills • Introduction to simple rhythmic layering • Understanding individual roles within an ensemble • Formation awareness
TERM 3	• Performance etiquette and discipline • Stage presence and ensemble behaviour • Guided creative exploration • Rehearsal techniques • Refining accuracy and stamina • Understanding Parai in contemporary performance contexts • Discussion on tradition and adaptation
TERM 4	• Structured improvisation within rhythmic frameworks • Confidence-building activities • Visual and rhythmic uniformity • Refinement of tone quality and technique • Performance readiness • Rehearsal and refinement • Final performance presentation • Reflection on learning outcomes and progress